

## Mental Health Readmissions

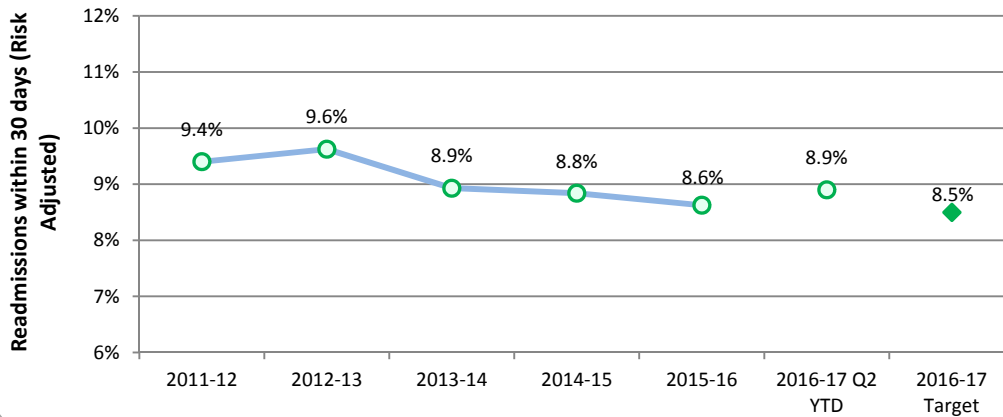
### Measure Definition

The percentage of patients who have mental health disorders with unplanned readmission to hospital within 30 days of leaving hospital. Excludes patients who have mental health disorders who require scheduled follow-up care.

### Understanding this Measure

Hospital care for people diagnosed with a mental illness typically aims to stabilize acute symptoms. Once stabilized, the individual can be discharged, and subsequent care and support are ideally provided through primary care, outpatient and community programs in order to prevent relapse or complications. While not all readmissions can be avoided, monitoring readmissions can assist in appropriateness of discharge and follow-up care. NOTE: This measure is reported a quarter later due to the requirement to follow up with patients after the end of the reporting quarter.

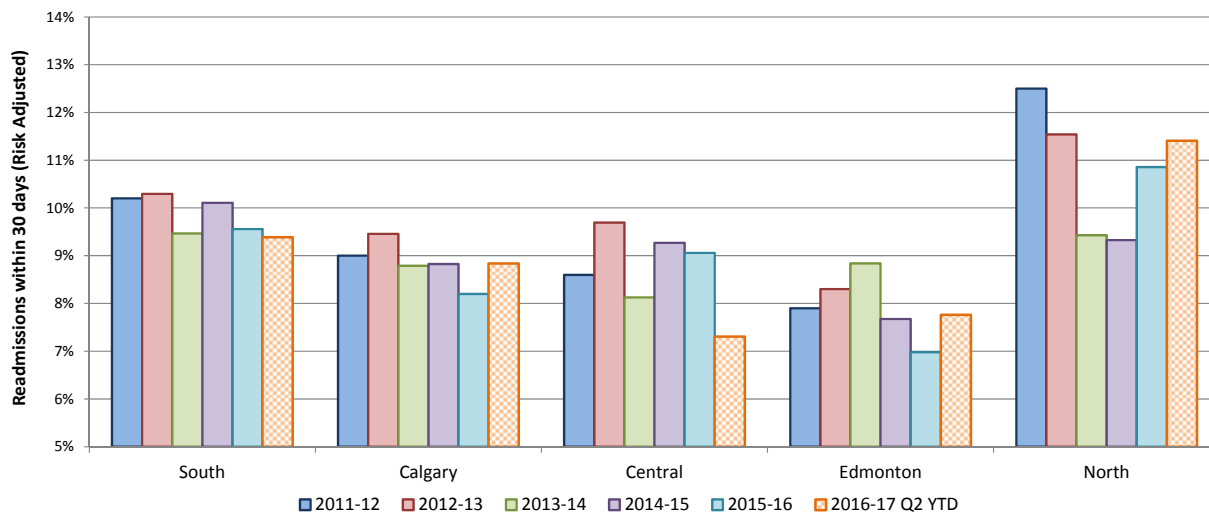
Mental Health Readmissions - Annual



### How Do We Compare?

Alberta ranked 2<sup>nd</sup> best nationally out of ten provinces and better than the national rate in 2014-15.

Mental Health Readmissions - by Zone



Note: North Zone results have been impacted by the temporary closure of Northern Lights Regional Hospital and displacement in Fort McMurray due to the wildfires in Q1.

## Mental Health Readmissions

### ACTIONS

South Zone will continue to monitor on a monthly basis the readmission rates to acute psychiatry in Medicine Hat and Lethbridge. Readmission data along with other metrics (e.g., length of stay) will be used to both monitor and inform practice in an effort to minimize readmission. Length of stay and Readmission rates are standing items on the Psychiatry department meetings. As a result, psychiatrists are aware of and routinely discuss these data.

Calgary Zone patients are contacted within seven days of discharge to provide post-discharge support and reinforcement of discharge recommendations. The opening of the Mental Health Assessment Unit at Rockyview General Hospital (RGH) should reduce the need to readmit patients re-presenting at the RGH by providing a brief period of stabilization in the ED.

Central Zone continues multiple initiatives including: the Discharge Continuity Project to link inpatient and community services, and addresses the suicide risk management policy; enhanced mental health liaisons to support rural facilities, emergency departments, and other agencies continues; enhanced discharge planning/transition occurring via Centennial Centre for persons with Development Disabilities; and advocate for additional supports and partner with Child and Family Services for community living.

Edmonton Zone is piloting an Adult Acute Transition Clinic at Alberta Hospital Edmonton to ensure timely access to post-discharge follow-up. Proactive engagement and staff cross-training will occur to improve timely discharge of long stay patients with complex needs to supported community housing.

North Zone is implementing a Youth Mental Health day program as well as developing a child psychiatry workforce plan.

### SUMMARY

*The most recent data for this measure is a quarter behind. This analysis is based on Q2 2016-17.*

Central Zone achieved target for Q3 YTD, and South Zone performed better than the same period as last year.

In the Calgary Zone, there continues to be high demand on all addiction and mental health services. The zone has implemented initiatives to shorten inpatient LOS to increase patient flow but readmission rate may increase as patients are discharged sooner. There is natural variability that is unrelated to the performance of hospitals.

In the Edmonton Zone, the 30-day readmission rate is 5.2% for patients discharged only from acute mental health beds. The reported 7.8% 30-day readmission rate is due almost exclusively to patients with a mental health diagnosis who receive medical treatment in non-mental health beds. It is not uncommon to see small fluctuations in readmission rate between quarters, but despite these fluctuations, Edmonton Zone mental health readmission rates remain amongst the lowest in the province.

In the North Zone, demand and access to community mental health services is challenging. Redesign work is underway. High occupancy rates, over capacity and early ED discharge may all attribute to readmission. Also, there are challenges in recruiting in smaller rural and remote communities. North Zone implemented the Integrated Crisis and Access Team in Grande Prairie to offer access to triage and intake assessments. A pull system was established where a nurse at the Medical Detox Unit (MDU) calls to enquire about ED patients requiring medical detoxification and transport to MDU.

### DID YOU KNOW

AHS will continue to reduce readmission rates for patients with severe and persistent mental health problems by continuing to use Community Treatment Orders (CTOs).

**Community Treatment Orders (CTOs)** are an important tool to supporting individuals with serious and persistent mental health illness to stay in the community. A treatment and care plan is set up, outlining service providers and supports required for the client to stay well in the community.

## Mental Health Readmissions

The percentage of patients who have mental health disorders with unplanned readmission to hospital within 30 days of leaving hospital. Excludes patients who have mental health disorders who require scheduled follow-up care.

Mental Health Readmissions within 30 days (Risk Adjusted)	2013-14	2014-15	2015-16	Q2 YTD		Trend	2016-17 Target
				2015-16 Last Year	2016-17 Current		
<b>Trend:</b> ★ Achieved Target, ✓ better or ⇔ stable than prior period*, ✗ Area requires additional focus							
<b>Provincial</b>	<b>8.9%</b>	<b>8.8%</b>	<b>8.6%</b>	<b>8.7%</b>	<b>8.9%</b>	⇔	<b>8.5%</b>
South Zone	9.5%	10.1%	9.6%	10.0%	9.4%	✓	<b>9.0%</b>
Calgary Zone	8.8%	8.8%	8.2%	8.3%	8.8%	✗	<b>8.5%</b>
Central Zone	8.1%	9.3%	9.1%	9.9%	7.3%	★	<b>9.0%</b>
Edmonton Zone	8.8%	7.7%	7.0%	7.1%	7.8%	✗	<b>7.0%</b>
North Zone	9.4%	9.3%	10.9%	10.2%	11.4%	✗	<b>10.0%</b>

North Zone results have been impacted by the temporary closure of Northern Lights Regional Hospital and displacement in Fort McMurray due to the wildfires in Q1.

\* "Stable" trend indicates when current period performance (Q3 year-to-date) is within 5% from the same time period as last year.

Mental Health Discharges (Index)*	2013-14	2014-15	2015-16	Q2 YTD	
				2015-16 Last Year	2016-17 Current
<b>Provincial</b>	<b>13,455</b>	<b>13,887</b>	<b>14,692</b>	<b>7,223</b>	<b>7,859</b>
South Zone	1,503	1,485	1,511	762	849
Calgary Zone	4,716	5,099	5,385	2,613	2,698
Central Zone	1,483	1,615	1,894	963	971
Edmonton Zone	3,427	3,408	3,532	1,737	2,057
North Zone	2,326	2,280	2,370	1,148	1,284

\*Total number of hospital stays for select Mental Health diagnoses. Excludes standalone psychiatric facilities such as Southern Alberta Forensic Psychiatric Centre (SAFPC) and Claresholm Centre for Mental Health and Addictions in Calgary Zone and Centennial Centre for Mental Health and Brain Injury (CMHBI) in Central Zone.

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